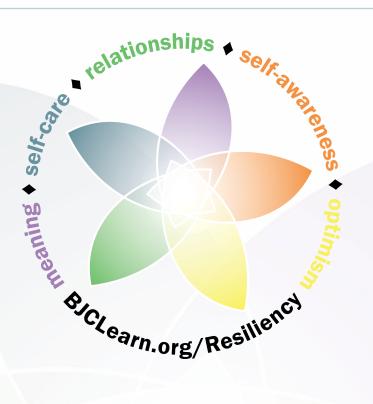


Resiliency In The Moment: You Are Strong

"Focus on your strengths, not your weaknesses."

- Gary Vaynerchuk



Lean into and rely on your inherent strengths.

- 1. Identify your top 3 strengths.
- 2. Consider how your strengths shine in your life.
- 3. Be intentional with one of your strengths today.

Sometimes we empower our perceived weaknesses by focusing a disproportionate amount of energy on them. Instead focus your energies on your strengths and you will increase your overall life satisfaction.

Visit thrivebybjc.org for your employee well-being resources at BJC Need more help? Employee assistance is available at bjceap.com or (314) 747-7490

